

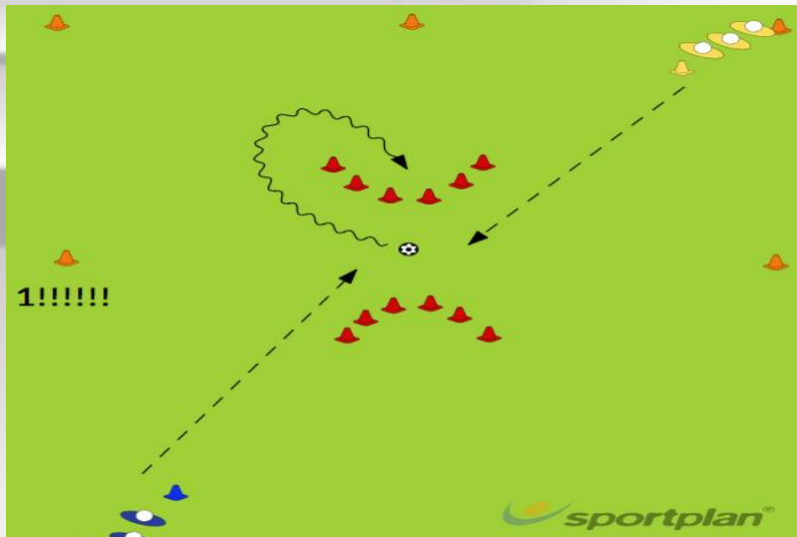


# UK International Soccer



## SESSION TOPIC: DRIBBLING WEEK 4

### DRILL 1: NUMBERS (GOALS BACK TO BACK)

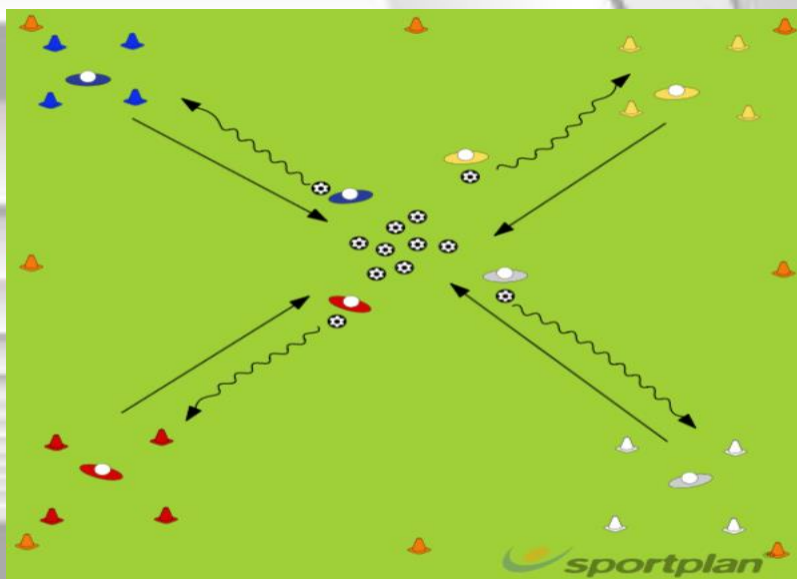


**ORGANIZATION:** SET OUT A 20 x 20 GRID. SPLIT THE PLAYERS INTO TWO TEAMS AND NUMBER EACH PLAYER ON BOTH TEAMS. PLACE TWO GOALS FACING THE OUTSIDE OF THE GRID. THE COACH ROLLS A BALL INTO THE GRID AND YELLS A NUMBER, FOR EXAMPLE "1", NUMBER 1 FROM BOTH TEAMS RUNS TO THE BALL AND ATTEMPTS TO SCORE. THE PLAYERS MUST KEEP THE BALL UNDER CONTROL AND DRIBBLE AROUND EITHER GOAL TO SCORE.

#### COACHING POINTS:

- 1: DEVELOP THE USE OF CONTROLLING SURFACES (FOOT INSIDE / OUTSIDE / LACES,)
- 2: GET TO BALL AS FAST AS POSSIBLE
- 3: CHANGE DIRECTION WHEN DRIBBLING, DIFFERENT TURNS, I.E. PULL BACK, INSIDE AND OUTSIDE HOOK
- 4: READ THE SPEED AND TRAJECTORY OF SERVICE
- 5: TAKE SHOT QUICKLY WHEN IN RIGHT AREA

### DRILL 2: ROBIN HOOD



#### ORGANIZATION:

SET OUT A 30X30 PLAYING AREA, WITH A BOX IN EACH CORNER OF THE GRID AND PUT ALL SOCCER BALLS IN THE MIDDLE. HAVE 2 PLAYERS IN EACH BOX. THE PLAYERS MUST RUN TO THE MIDDLE AND DRIBBLE A SOCCER BALL BACK TO THEIR SQUARE, THEN GO GET ANOTHER AS SOON AS THE BALL IS PLACED INSIDE THE SQUARE. PLAYERS ARE ONLY ALLOWED TO DRIBBLE ONE SOCCER BALL AT A TIME. WHEN NO BALLS ARE LEFT, WHOEVER HAS THE MOST IN THEIR SQUARE IS THE WINNER. AFTER A FEW TURNS, THE GAME CAN BE PROGRESSED, WHEN NO SOCCER BALLS ARE LEFT IN THE MIDDLE, PLAYERS CAN STEAL FROM OTHER SQUARES.

#### COACHING POINTS:

1. KEEP THE BALL CLOSE TO THEM AND REACT QUICKLY ON WHISTLE
2. KEEP HEAD UP AS OFTEN AS POSSIBLE
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT SURFACES OF THE FOOT
4. DRIBBLE AT SPEED
5. PULL BACK TURN